



HOMECOMING

The Homecoming theme this year is The 'Write' Stuff in recognition of our student newspaper, *Pasquino*. The special guest of honor will be Dr. Elizabeth Atwater, former *Pasquino* adviser and journalism professor.

Join Dr. Atwater and the college community on Saturday for the Homecoming Brunch in the UP Heritage Room, 9-10:30 a.m. Provost Odell will provide an update on the College at 10 a.m.

The men's soccer team plays Montgomery at 1 p.m.

The bookstore will be open from 10 a.m.-2 p.m. for sale of Potomac State and WVU items.

Pictured left: 1942 *Pasquino* staff



Hospital purchased for more dorm space

By Cody Hickey
Feature Editor

The privately owned building that formerly housed Potomac Valley Hospital will be converted into a student housing facility for Potomac State College, and be operational as early as Aug. 2012. PSC acquired legal possession of the property on Sept. 28, after the WVU Board of Governors approved the proposal to purchase the three-acre lot, which includes a private parking area.

Provost Dr. Kerry S. Odell was approached previously about buying this location for dorms, but plans for the construction of University Place were already in motion. However, Odell said, "Enrollment continued to be strong and grow and we still have a need for additional space."

Renovations on the top two floors, which will be used as housing, are set to begin within the next 30-60 days. These improvements will include

refurbishing bathrooms, replacing ceilings, lighting, plumbing and installing new windows. The outside of the building will also be completely cleaned and new front entrances will be added.

The building will be able to house 40-50 students at a time. The dorm could possibly be used as honor student housing. It is a "space for students looking for a more private, residential experience," said Odell.

Plans also include an on-site laundry facility, an exercise room, a study area and "potential for a coffee shop," said Odell.

The ground floor of this building is currently used as business space and Odell said "We will continue to honor the leases for the local businesses."

There will be a card swipe system in place that utilizes the same technology, Onity, found in University Place, to allow for student-only access areas.

Residential Advisers will be present on each floor and there are also plans for an apartment on the second floor to allow for a staff presence. University Police will have the same rights in regards to this dorm, as every other dorm on campus. "It is just separated by Route 220," said Odell. "It's still part of our campus."

There is already a crosswalk across Route 220, but due to the heavy flow of traffic, Odell is currently



Views of the former Potomac Valley Hospital building on Route 220 across from campus: (above) the front of the building; (right) parking area in back; (below left) future dorm room.

Photos by Cody Hickey

working with the state to facilitate improvements on the existing crosswalk and discussing the potential for a street light in the future.



Bartling, McCune recognized for distinguished service



Sally Bartling

The Reverends Sally Bartling and Jim McCune will be honored at the Homecoming Banquet Saturday for their service to PSC. They each teach class and advise the Campus Ministries Club at the college. They volunteer their time with students for bible study, monthly community service projects, and spend time one-on-one with students helping them adjust to college life.



Jim McCune



SGA plans activities for fall semester

By Katelyn Eichelberger
Campus News Editor

The Student Government Association has hit off a new year with great plans and new faces.

SGA President Joshua Strachan, Vice President Chris Pascoe, and Secretary Cati Christian are alongside seven senators who are prepared to help student voice take action.

The SGA funds clubs and organizations on campus. They also work with various campus activities such as the recent Red Cross blood drive, a possible upcoming book exchange program, and the mystery trip to see movies in Frostburg earlier this month. They also play a big role in Homecoming, including the red-carpet-themed dance.

Meetings are every other Tuesday at 6 p.m. and students are encouraged to participate in order to let their voice be heard.

Two senators, Breeona Alston and Brooke Hinchman, share that same belief of student involvement and love working with their fellow students.

Breeona Alston is a nursing major from Capitol Heights, Md. and anticipates becoming a registered nurse.

"I have always been involved in SGA through my high school career and the opportunity to pursue it in college was just wonderful," Alston said.

Alston is also a resident assistant and is taking the opportunity along with her senator position to learn more about the campus.

One of her main aspirations for the SGA is getting students to become more informed about their student government.

"Potomac State's SGA is small, but powerful," Alston said. She has great confidence that this year the student government will make things happen.

As for her future plans in SGA she hopes to return to her office or even aspire to become vice president.

Brooke Hinchman, a pre-pharmacy major, is originally from Elkins, W.Va.



SGA Senators Alston and Hinchman.



Photos by Katelyn Eichelberger

She later moved to the Pittsburgh area. She plans to attend pharmacy school at West Virginia University after Potomac State College.

"I like representing people and giving their voice," Hinchman says. She thoroughly enjoys helping her fellow students make good changes.

In addition to her help in SGA, Hinchman is also

a math tutor for the Academic Success Center. She says she hopes to continue her tutoring even as she moves on to WVU.

Hinchman is looking forward to getting the book exchange running and taking more mystery trips like the one to Frostburg.

Off campus, Hinchman is honored with being a Forest Festival Princess in Elkins, W.Va.

Health Center ready for sick students

By Grant Dale
Campus News Editor

If you have been feeling sick don't be concerned with running to an off-campus clinic or to the hospital. College Nurse Cherise Southerly and the campus clinic staff are "here if you need us."

As most students living in the dorms have noticed, there are upper respiratory sicknesses spreading through campus.

These types of sickness are mostly caused by viruses, says Southerly, and the best way to defeat these viruses is to wash hands, sneeze in your arm, and get plenty of rest and fluids.

Hand sanitation stations are placed in every building on campus.

Following basic rules of hygiene can significantly reduce your risk to viruses, said Southerly.

The Health Center has begun the flu vaccine clinic. The vaccine will cost students \$15 and can be received until spring. Ev-

everyone is encouraged to get the vaccine, especially high-risk students.

High risk would include any student with a current medical condition. The vaccine reaches maximum strength after two weeks in your system, so it would behoove you to get your vaccination early in the season, says Southerly, to help your body combat the flu.

The clinic also offered an HIV clinic last week and will continue to offer STD testing and birth control.

Interested in attending AA (Alcoholics Anonymous)? Several meetings are available in the Keyser area, some within walking distance of campus. For a complete schedule of meeting times and locations, stop by the PSC Health Center (base floor) or see Kara Anderson, Alcohol and Other Drug Prevention Program coordinator.

CLUB NEWS

By Katelyn Eichelberger
Campus News Editor

Agriculture and Forestry: The Agriculture and Forestry Club is for anyone interested in agriculture or in the program. The next meeting is today at 6 p.m. at the Upper Farm. The club is working on the haunted barn, set to open Oct. 28, 29, and 30. Weekend times are 8 p.m. to midnight; Monday is 8-11 p.m. Contact President Shawna Rhodes or find PSC Agriculture and Forestry on Facebook.

Catamounts Against Cancer: Meetings are the first and third Wednesday of each month. October is Breast Cancer Awareness Month and Catamounts Against Cancer is working on Paint the Campus Pink Day when the club will sell T-shirts and boob cookies. There is no set date for Relay 4 Life. Contact President Matthew Schessler.

Collegiate 4-H Club: 4-H'ers work to make their county, community, and country a better place. Meetings are the first and third Wednesday of each month in the Friend Hall lounge. Upcoming events are working with the local 4-H and a possible pumpkin carving. Fee is \$5 per semester. Contact President Kendra Keplinger or look for PSC Collegiate 4-H Club on Facebook.

Gamers and Geeks: Gamers and Geeks is a hobby club that mainly focuses on the game Magic: The Gathering, Yu-Gi-Oh, and other games. Game nights are every Monday at 7 p.m. in the Union. Events are usually free. Contact Co-Presidents Aaron Outman and Matthew Alzamora or find them on Facebook at Gamers & Geeks of Potomac State College.

Crime rate up before midterms

By Andrew Crites
Campus News Editor

As of Oct. 3, the Potomac State College Campus Police had responded to 183 calls for service this semester.

A majority of those calls consisted of drug and alcohol violations, and arrests have been made for drug possession and intoxication.

Investigations are ongoing in the residential halls for the reported odor of marijuana.

Underage consumption, destruction of property, theft, violence, and unlawful trespassing are also concerns on campus, says Chief Fred Downey.

Additionally, Downey cautions students to secure all unattended belongings in a safe location to prevent theft.

Downey says that with more students living on campus, the crime rate is going to increase.

Campus Police are "busting at the seams" with

calls, according to Downey.

On Sept. 17, a student was arrested and charged for felony possession of marijuana with intent to distribute.

Twenty-nine grams of marijuana, small plastic bags, and scales were recovered at the scene.

On Sept. 25, a student, during a noise complaint, became disorderly and combative with an officer. The student was taken into custody and charged with disorderly conduct, obstructing a police officer, and assault on a police officer.

Students who are arrested are sent to the Potomac Highland Regional Jail located in Augusta, W.Va.

In other Campus Police news, Downey says that the hiring process for a new campus police officer is still ongoing.

He anticipates announcing the new appointment in November.

Depression screening today in Student Union

By Aaron Cook
Campus News Editor

Mental health specialist Susan Kephart can be found on the bottom floor of the Health Center, located between Academy and Reynolds halls.

"The same way that academic affairs assists you with preparing students for school, our job is to help prepare you for life by working through real-life situations and helping students meet their full potential," said Kephart, as she speaks about her role in student affairs.

Kephart will sponsor a national depression screening today in the Student Union loft from 11 a.m. to 2 p.m. Students complete a questionnaire and are contacted by Kephart if their responses show that they can benefit from counseling.

Kephart sees about 175 Potomac State students, many for regular weekly appointments year-round. Students come to her with problems concerning social issues, mental disorders such as depression, college adjustment, and even homesickness.

A lot of kids get held up with the social stigmas of seeing a counselor, when there are real-life problems that can make or break their college experiences, she said.

Kephart has assisted RAs with suicide prevention and stress management. She also is working with students in transition from high school to college.

Kephart has worked at Potomac State for 11 years, with her own private practice prior to arriving here.

In her spare time Kephart enjoys canoeing and fishing. She loves to read and spend time with family. Kephart is married with one child who is a psychologist, currently practicing in Michigan.

Kephart will be sponsoring the following upcoming events: becoming at ease around people/ building social supports, which will be held on Oct. 18 in



Student work on social issues was displayed in the Student Union.

Photo by Aaron Cook

her office from 3:30-4:30; group sessions on sense of self will be held in her office on Nov. 1, 8, 15 from 3:30-4:30. Kephart will also be speaking about managing stress at the end of semester at the commuter social on Nov. 16.

Math tutor Barry Stevens divides his time

By Jennifer Kuh
with additional reporting

"I like working in a college setting and it was close (to home)," says Barry Stevens, the new math tutor in the Academic Success Center.

Stevens, who is from Oakland, Md., earned a bachelor's degree in music from Berea College, in Kentucky, where he had a chance to study abroad in Romania. He has also traveled to Spain and Germany.

"I taught English there as a second language," Stevens said. After being overseas, he earned his master's degree in education from Frostburg University. And before coming to Potomac State, he was an adjunct math instructor at Garrett College.

While studying in Romania, Stevens studied Romanian and Swedish music. He says he loves the subject of music theory, and when it comes to playing he studied the tuba and recorder.



Illustration by Aaron Cook

Midterm grades out this week

Midterm grades are now available by logging onto your mix account, under the STAR tab. Grades will also be mailed to the student's primary address.

Midterm grades do not affect a student's GPA; however, the college issues midterm grades so that students can judge their academic progress for the semester. If you think that a midterm grade is wrong, check with your professor. If you are having academic difficulties in a class, meet with the professor and possibly your academic adviser. The last day to withdraw from an individual class is Friday, Oct. 28.

Stevens started tutoring when he was looking for a job. He loved music, but he says he found himself in math in a practical way, "I like helping people and what got me into math was

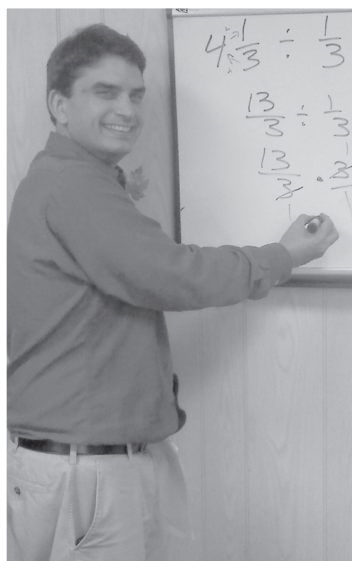


Photo by Jennifer Kuh helping people."

Stevens says mathematical theories and music theories are similar, "The way you put together chords... is mathematics."

You can find Stevens in the Academic Success Center, on the first floor of

Science Hall. He can help with your math and physics problems. He tutors from Math 90 to calculus.

"I help a lot of Math 90 and Math 126 students, and they seem to have the same problems: fractions and order of operations."

Stevens' schedule is usually pretty filled. But he's always got a smile, and he's willing to tutor anyone who comes in.

But the best way to get his help is to make an appointment.

Bear missing: Please return

To the Campus Community:

I am writing this letter on behalf of a little purple (lilac, to be exact) bear who went missing from the Mary F. Shipper Library two weeks ago.

He would very much like to make it home to the little 8-year-old girl who he belongs to. Her Mom had borrowed him to put on a display welcoming new students to Potomac State College and West Virginia.

He has a Potomac State College T-shirt on. He was a baby gift, and we would all appreciate it if he could somehow find his way back to the library.

There is a 24-hour book return at the front, left-hand side of the library. Just please drop him in there - no questions asked.

Thank you,
Dawn and Delany Downey

Psychology teacher finds success student by student

By Elisha Wagoner
Staff Writer

"Students seem really interested and motivated," says Kristen Oates, the new psychology teacher, commenting on what she's seen in PSC students so far.

"Students here seem to have a higher skill level than students at New Mexico State University," where she has been in a doctoral program for the past three years.

Before NMSU, she attended Augustana College in Illinois where she started as a pre-med major. But she took a psychology class, loved it, dropped pre-med after the first week and switched to psychology as her major.

From there she got her

master's degree in experimental psychology at Western Illinois University. She also earned a master's in social psychology. She would like to complete her doctorate but feels that it may be too hard to do from a distance.

When asked about Potomac State, she said, "All the faculty and staff have been really helpful," and likes the feel of the campus, stating, "I like how personal the campus is. Everyone can get to know each other."

Oates always knew that she wanted to teach, but didn't think she had the patience to teach younger children. She thought college would be a good match for her interests.

Oates saw the opportunity to teach at Potomac

State through highered-jobs.com, a Website with advertisements for jobs at colleges. She said Potomac State's position "looked too good to pass up."

She interviewed in May, got the job, and quickly moved from New Mexico to West Virginia.

When asked what she likes about teaching, she said, "As corny as it sounds, if you can make one student enjoy learning than that's success to me."

Oates teaches WVUE 191 Intro to Human Development, Introduction to Psychology and Social Psychology.

Her office hours are Monday, Wednesday, and Friday, 10:30-11:30 a.m., Tuesday and Thursday, 1-2 p.m. and her office is located, main floor of the



Kristen Oates in her office. Photo by Elisha Wagoner

Administration Building.

When she's not teaching she says she's "pretty boring," but she enjoys reading and going to new res-

taurants. She's interested in the Civil War. Her favorite activity is her cat Jasper, saying, "He's so bad but I love him!"

John Campbell: a new voice for students in SGA

By Andrew Jones
Staff Writer

Student Government Senator John Campbell has a lot of big ideas for improving campus life for all students. He's a non-traditional student who served in two branches of the military, Army and Navy, and spent twenty years trucking across the United States.

Campbell says that he has seen a lot, and is interested in using his life experiences to better serve students through his work with student government.

Campbell shared his ideas on a variety of subjects ranging from students leaving Potomac State College with an open mind; treatment of minority and disabled students;

non-traditional students acting as mentors; and culture shock issues for students coming to Keyser from other areas.

"I want all students to leave Potomac State feeling good about the school and the community" Campbell says.

He understands there are a lot of students from far areas and wants them to view Keyser as a home away from home.

Another one of his concerns is the treatment of minority and disabled students by faculty and fellow students. "I would like for everyone on campus to be respectful and understanding of one another." He says Potomac State stresses equality and fairness, and he wants to



John Campbell on the quad. Photo by Charles Walker

see people displaying this through their actions. He is working to eliminate judgmental attitudes on

campus.

Campbell would "like more non-traditional students to act as mentors."

He wants "more of them to put themselves out there for fellow students experiencing any difficulties with adjustment."

Being a non-traditional student himself, he says, "I want students to be able come to me if they're having a hard time getting used to things. Maybe I'll be able to offer my advice and positively influence someone's life."

A final issue he plans to tackle involves culture shock. He says "there are a lot of kids from metropolitan areas that aren't used to the slower-pace of Keyser. I want them to have more to do; more activities to occupy idle time."

"I'm the man to come to on the executive board," he says.

Windmills top Green Mt.

At Homecoming, we think about our campus now and then. What will alumni and parents returning to our campus think: green energy progress or no-longer wild and wonderful landscape?

Photo by Grant Dale



Golf team wins WPCC

By Caroline Peters
Sports Writer

Potomac State golfers are once again champions of their conference: the Western Pennsylvania Collegiate Conference.

The team was scheduled to participate in the Pennsylvania State Championship earlier this week. Results were unavailable at press time.

Prior to championship action, the team was ranked 25-0 in junior college competition and 12-3 against four-year schools.

"You just feel accomplished when you play really good, and so far we have been able to carry on that feeling," said Kyle Hudgins, sophomore golfer.

The team scored a fourth-place finish at the Division 2 Burger King Invitational Tournament held at Ohio Valley University.

"We haven't broken any



records this season...yet," said Mitch O'Shell, sophomore, with a smile on his face.

Potomac State's golfers seemed fairly eager to see this year's outcome. "We have a good team this year, and the freshmen are solid," said Chris Bushey, sophomore.

This past weekend Po-

tomac State gained a victory at the Conference Confrontational Championship. "We have won the past six years since 2006," said Head Coach Aaron Edwards.

"We are currently mentioned in *Golf World Magazine*, page 22, and we are ranked 10th in the nation," he said.



Sophomore Cindy Elfritz prepares to bump the ball during a recent match. The Catamount volleyball team is having a great 14-2 season, including eight home matches. In recent action against Allegany College of Maryland, the Cats won the match, 3-1. Freshman Outside Hitter Amber Wesley leads the team in kills with 204 (at press time). The WPCC Championship will be played away, this weekend.

Lady Cats play once more at home

By Marshall Porter
Sports Editor

Men play at home Sat.

By Aaron Cook
Sports Editor

Men's soccer dropped a game to Anne Arundel Community College Friday, leaving their record (at press time) at 6-2.

The Cats play their last two home games of the season against Montgomery College-Rockville on Oct. 15 and Lord Fairfax Community College before finishing on the road against Hagerstown and Howard Community College.

"The team has displayed skill across the board game-in and game-out, I'm very impressed with the high spirits and good attitudes of the players," said Assistant coach Brad Burr who stated that the main thing the team is concerned on improving is on-field communication.

Freshman Goal Keeper Conor Fungaroli has been nationally ranked this season. "The defense has done a good job limiting shots on the goal, making my job a lot easier."

The team's leading scorer 8 games into the season is Trey Ogilvie, freshman forward from Winchester Va. Ogilvie achieved his first hat trick of the season scoring three goals in the 6-1 victory over Westmorland County Community College.

Ogilvie is one of 23 freshman players on a team with 28 on the roster. "Trey's play this year has been phenomenal; he's been everything that we have expected and more," says Head Coach Ray Kiddy.

The Cats have five more games to play before the Region XX championship.

As the season comes to an end the Potomac State Lady Cats soccer team is having a great season, posting an 8-2 record. The Cats two losses have only come by the margin of one goal.

Head Coach Mark Sprouse agrees that the team is really clicking. "I feel we are having an excellent season."

A major part of the Cats' success is goal differential. The Cats have scored 39 goals to 8 goals against. The reason for the Lady Cats goal differential success is part to great defense and tremendous goalkeeping by Acasha Smith, who is 11th in the nation in goalkeeping statistics.

For the Cats' scoring spark and last goal numbers, the Cats are led by Abbie Altman, who is currently 10th in the nation in scoring.

Sprouse also commends



all the players and knows that without the help of the whole team, they would not be having such a great season. "Even the women who don't play as much in

our games, push the other players in practice, which is very important."

The Cats will play their final home game on Oct. 22 against Lord Fairfax.

Our Opinions

Food for thought: great variety or starving?

PRO: The Commons and Rapids have a great food selection for students. I think it's a great thing that the students have the ability to choose. They can pick between "grab and go" or a nice sit-down meal. At the Rapids, you can pick between chicken, hamburgers, nuggets, and even pizza, and your choice of two sides that varies from fries to fruit. The Commons has not only those fired foods, but a lot of other options as well. They have the traditional meals that Mom used to make or even a culture-themed night such as Chinese, Mexican, and German. They also have a pasta selection with sauce and noodles. Bread and of course pizza is provided there as well. If you're not feeling like a traditional meal, cereal is available and desserts for after (and they always have soft served ice cream!). I realize that WVU may have more variety, but I also think that the cooking staff does well for supporting a smaller school like Potomac State College.

Katelyn Eichelberger

CON: Am I the only one who's tired of eating the same food here on campus? Don't get me wrong, the meals aren't entirely disgusting, but if you live on campus and eat three times a day, you eat the same thing so much that you may start to turn into a chicken sandwich. The Commons has slightly upgraded their menu. But what happens when you have back-to-back classes and you don't have time to sit and eat? Shouldn't Rapid's "to go" food also be enjoyable? I pay almost \$10 for each meal every day for food that's not even worth my taste buds. Throwing Buffalo wings and mozzarella sticks on the menu wouldn't hurt a bit. It would actually keep me, and a couple of other students I know from starving themselves to death. More variety on the menus here on campus is definitely needed. Busy college students appreciate the quick-serve Rapids approach to food, but let's keep up the variety and add new menu items, like those fast-food places down the road. **Moet Wilson**

Campus crime out of hand

Chief Downey says the increased student population has raised the crime rate. I personally blame the individual students committing the crimes. Drugs and alcohol use on campus are the two major issues, and this adolescent behavior must stop now. The campus administration must strike the issue in the heart. Students committing crimes should pay financial restitution to the campus police and be placed on academic probation. I believe that students committing crimes off-campus should suffer the same punishment so that we can maintain the integrity and core values of the college. Crimes on campus have gotten out of hand and using harsher punishment is the only way to deter future crimes. **Andrew Crites**

Get real: it's just a game!

Are sports fans taking losses by their teams too far? Two weekends ago, West Virginia University played Louisiana State University in Division One college football. The game was close at times, but ultimately, LSU won 47-21, a blowout.

Four LSU fans leaving the stadium by car were viciously attacked by angry WVU fans after the game. A WVU fan threw a rock through the window of the LSU fan's car. The LSU fans were then assaulted when they got out of their car. The driver's wife, injured at the scene, was twenty-two weeks pregnant, reported police at the scene. The driver was sent to Monongalia General Hospital to be treated for a broken nose, a crushed eye socket and a fractured frontal bone in the middle of his forehead. His wife was treated for bruising on her shoulders, chest and arms, according to media reports. At press time, no arrests have been made, according to police.

My question is why? I know sports, and I know it's not the LSU fans' fault that we lost that game. They have no control over their players just as we have no control over ours. Why do we resort to violence?

Your favorite sports team loses, yeah, it's not the best thing to happen, but should you fracture someone's skull in the parking lot? Come on... it's just a game! **Kameron Barnard**

PASQUINO

The student newspaper

Potomac State College of West Virginia University

pasquino@mail.wvu.edu

304-788-6966 101 Fort Ave., Keyser, WV 26726

Faculty Adviser Fred Jacoby:fwjacoby@mail.wvu.edu

Editors: Kate Sedgwick and Charles Walker

Campus News Editors: Andrew Crites, Grant Dale, Katelyn Eichelberger, and Cody Hickey

Feature Editors: Moet Wilson and Charles Walker

Photo Editor: Kate Sedgwick

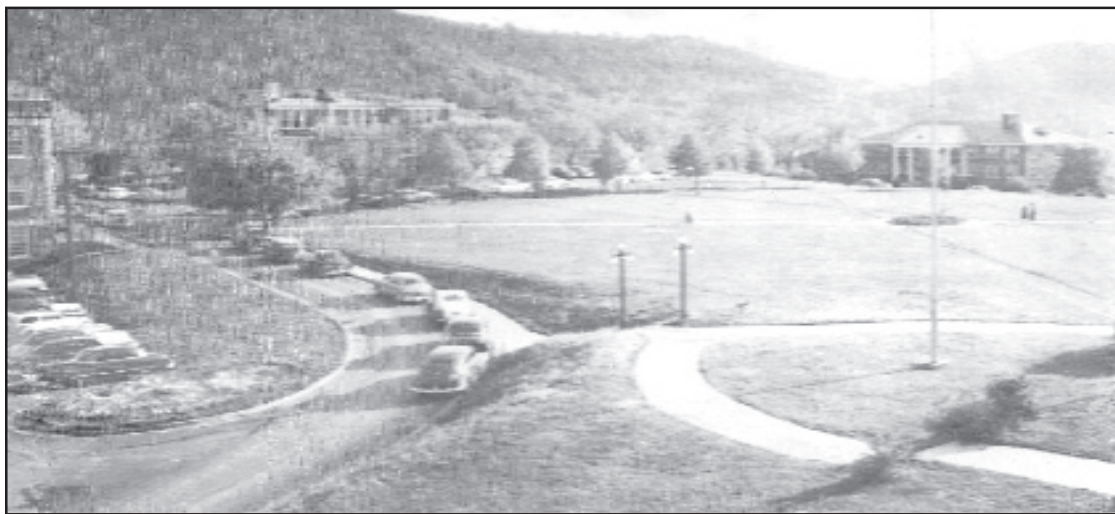
Sports Editors: Aaron Cook and Marshall Porter

Staff Writers and photographers:

Kameron Barnard, Ralphie Chagolla, Donald Crisdon, Kathi Crites, Meghan Everett, Daniel Everhart, John Hartman, CJ Jansky, Lauren Johnston, Andrew Jones, E Judy, Jennifer Kuh, Travis Litt, Kelly Mills, Caroline Peters, Hailey Truman, Desire Vites, Elisha Wagoner

Pay college athletes

Should student athletes be paid? No, some say, since they are getting a free education. They should work and not complain. I disagree. Players on NCAA scholarship still have around \$3,000 in living expense. Players work harder than most people do in a day-to-day job and can't even get a minimum wage. Universities in a BCS National Championship make \$13 million, not to mention revenue from the NCAA basketball tournament. I am not saying pay the players millions of dollars like the pros; I am saying, pay the players as if they had a regular campus job. The universities bring players in to make money, so why can't players be rewarded for their hard work and dedication? In the current system, college athletes are taken advantage of. This is no lesson to teach in school. **Marshall Porter**



USDA MyPlate replaces food pyramid

By Andrew Crites
Campus News Editor

The historic USDA Food Pyramid has formed into a plate. The USDA MyPlate is part of Michelle Obama's campaign against obesity and is designed to remind consumers of the basics of a healthy diet.

Reaction on campus to MyPlate has been mixed.

Chef Thomas Veili said, "The USDA could have saved themselves millions of dollars, used only 10 chefs and they still would have done a good job. However, the new icon has its advantages, showing the fruits and vegetables that we need to have good nutrition."

Carol Combs, senior assistant director of Dining Services, said that she believes the new MyPlate is taking the United States in the right direction toward eating healthier. She believes that students on campus should eat healthier; using the University Place food facilities like The Potomac Commons and The Rapids to their advantage in eating healthy.

Freshman student Ongo Chioza said he had no knowledge about the new

USDA MyPlate. When comparing the past USDA Food Pyramid with the new MyPlate, he said, "This new icon looks a lot more understandable to look at." He emphasized that eating a balanced meal helps him concentrate when it comes to studying and paying attention in class.

Former SGA President and PSC Alumnus Drew Brubaker said that he believes that nutrition is important; however, he had no idea that the new MyPlate existed. Now out of college, he still believes that eating healthy is as

important to him as it was in college.

The USDA MyPlate is a 9-inch plate model that contains the essentials: fruits, vegetables, proteins, and dairy. The significance of this model is that fruits and vegetable take up half the plate, and grains and proteins are in smaller portions, and dairy is in a small container on the side.

The USDA Website views the advantages of the MyPlate: Enjoy your food, but eat less, and avoid oversized portions.



My journey toward technological sanity at Potomac State College

By Desire Vitez
Staff Writer

As a freshman, I'm pretty well into the whole adapting-to-college-life situation, but I'm not going to lie. My very first night here, I already had issues. I did not complete my AlcoholEdu prior to coming here (like a majority of other students, I'm sure). I desperately needed the Internet, and my stubborn laptop was not letting it happen.

Luckily, I succeeded in NOT losing all the info I received earlier during check-in, and I had a number I could call: the Office of Information Technology. I got through the Internet problems smoothly, and the person who helped me was genuinely nice and not like those dispatchers who sound annoyed at the idea that a person needs help.

That was only eight weeks ago, and now I was heading to Academy Hall with a *Pasquino* assignment to learn about campus computer services. I walked through the Academy Hall doors, followed my instincts, and stumbled upon a room filled with computers and wires: of course, the computer center. I nervously asked the guy (who I later found out is OIT tech. Mat Garrett) for a quick interview, and he directs me to Geoff Chenger, coordinator of informational technology support. Sounds like a fancy title.

I walk down the hall, to a very cool office decorated with a tapestry, concert passes on the wall, and cool music from his Macbook Pro. Chill atmosphere, I think, and I introduce myself. Soon we're chatting about his career and what the Computer Center has to offer.

Prior to working at Potomac State, Chenger worked as a computer technician with education for Duke University. He began his career at PSC in 2005 and has loved it ever since. "My position at Potomac State is in one of the few that, really, I get to interact with students and faculty."

Chenger then explains what he and his staff are here for. "If you have an issue with your laptop, you can bring it down to us," he says.

"I'm in Room 110, Academy Hall; Mat is in Room 113, and Kathy Ludwig is in Room 108. We're all right here."

"Depending on what's wrong with [laptops] we don't charge for it. In Morgantown, they do charge for that type of service."

If the OIT staff can't fix a student computer problem, they usually can diagnose what's wrong. "When you contact your laptop's manufacturer and go through the warranty procedure to get that replaced, we can give you a leg up with that."

How about those nasty viruses that creep into our technology? "We deal a lot with viruses and spyware. If you have anything like that on your machine, you can bring it down to us, and we will gladly take a look at it and see what we can do to get it removed," Chenger said.

How about the multi-day Internet outage we had recently? The campus-wide outage was caused by a problem with our link to the Morgantown Campus. "Let's just say I didn't get a lot of sleep (while the campus Internet was down)."

Potomac State's computer center is affiliated with West Virginia University's Office of Information Technology. The Help Desk in Morgantown assists students and faculty with Internet problems 24/7. Issues dealing with the Internet or anything else can be resolved at 877-327-9260.

As I pack up my notes, Chenger lets me in on a staff saying: "If it plugs into the wall, we're going to get called about it."

Homecoming 2011

The "Write Stuff": Dr. Elizabeth A. Atwater returns to campus for Homecoming 2011

By Kate Sedgwick
Editor

Long-term journalism professor and Pasquino adviser Dr. Elizabeth A. Atwater will be returning to Potomac State for Homecoming 2011. This year's theme is The "Write" Stuff, in celebration of Potomac State's student newspaper, Pasquino.

Dr. Atwater, 99, began her career at PSC in the fall of 1939. She served as a coordinator of the journalism department, journalism professor and speech professor for 39 years. Dr. Atwater was a true inspiration not only to her students but also to the staff, said Libby Nichols, associate in the Alumni Office on campus. "She really knew how to get in there and make them [students] believe they could tackle the world! Which many of them did."

In a recent telephone interview, Dr. Atwater spoke of an "awfully nice" letter she received from a former student. He is now part of a large corporation in West Virginia that sent him on a trip to western Canada. On this trip, he was to reduce a long speech into something that he could better deliver. In the letter the student said, "I can remember a time where I would have fallen flat on my face, and I would have been scared to death, but this time, I wasn't nervous at all, thanks to your speech course."

Atwater said, "The relationships between students and faculty were very good. When I think back to it, I don't remember any of the instructors not being on a good basis with students."

At the end of class one afternoon, while the students were on their way out the door, Atwater told the class about developing a good "hand clasp." She told them that when shaking hands, it shouldn't "break a person's hand but it shouldn't feel like a wet sock either." That day, all



of the students walked out of the room, shaking her hand.

The World War II years were something "extra" memorable. On day of the attack on Pearl Harbor, Atwater remembers exactly where she was and what

she was doing.

"It was a Sunday afternoon and one of the new teachers at the time took me for a drive." They drove up Route 50, listening to some "pretty" music on his car radio. The program was interrupted to tell about the attack. They rushed back to campus, which was alive with frantic students and teachers.

"Then came the following days with Coach Lough, President Church, and everybody wanting to get into the service right away! Coach Lough was turned down a few places and President Church, I can remember, he was running up and down the stairs to try to strengthen his legs."

After the war, the college held a ceremony to honor the parents of the students lost at war. "This wasn't until many years after the war, so the parents thought by that time everybody would have gotten over the fact that their sons had died in the service." While a mother was speaking to Atwater, she paused, looked at her and said "but you people didn't, you didn't get over it and you remembered us."

Dr. Atwater will be arriving Saturday, Oct. 15 for the Homecoming Brunch & Recognition of Anniversary Classes 1961, 1986, and 2001. She will also be attending the Awards Banquet in the Davis Conference Center.



Teacher of the Year honored with Young Alumni Award

By Charles Walker
Editor

This year Potomac State College will be presenting the Young Alumni Award to Brian Withrow.

Withrow graduated from Potomac State College in 2000 with an associate degree in general studies.

He then transferred to Fairmont State University where he earned his bachelor's degree in education and went on to earn his master's in professional education. Withrow's most recent achievement would be being named the 2011-2012 Boone County Schools Teacher of the Year.

When asked if he thought he would accomplish this, he replied, "No, none of this has really sunk in."

"I struggled as a college student at first," he said.

Withrow credits Potomac State College, his family support, and his always wanting to better himself for his success.

"Potomac State College provided me with the support that I needed to motivate me to achieve my educational goals. It takes hard work, self-discipline, patients, and motivation" to achieve your goals.

Withrow says that his most prized professional/educational achievement would have to be his college education.

Withrow is a teacher at Madison Middle School. Although a teacher of the year, Withrow already has his eye on a new goal: becoming an administrator.

Alumni Achievement honored Saturday

Kalbaugh



Charles "Sam" Kalbaugh will be recognized at Homecoming for Alumni Achievement.

Kalbaugh earned his associate degree from PSC in 1963.

After graduation from PSC, Kalbaugh earned his bachelor's in secondary education and a master's degree in education administration from WVU.

He served as superintendent of schools in Mineral County from 1990-2002.

Under his tenure, SAT and ACT scores, writing assessment, achievement test scores, and the college attendance rate for county high school students all improved.

HOMECOMING BANQUET

Social hour is 5:30 p.m. and dinner begins at 6 p.m.

Awards are presented after dinner.

Homecoming Queen, King, Princess and Prince are honored

Golden Anniversary class of 1961

Silver Anniversary class of 1986

Gault



Frank Gault will be recognized at Homecoming for Alumni Achievement.

Gault attended Potomac State from 1952-1954. He was editor of the yearbook and member of Circle K.

After graduation from PSC, Gault earned his bachelor's and master's degrees in education from Marshall University.

He has been an educator for more than 30 years, serving as a teacher, principal, and school superintendent in Ohio.

He was involved with the establishment of the Newark campus of Ohio State University.